

May is American Stroke Month and National High Blood Pressure Education Month

Did You Know: Stroke is a leading cause of death and a leading cause of preventable disability.

A stroke can happen to anyone at any time. In fact, someone has a stroke every 40 seconds. Calling 911 is the fastest proven way to access treatment because hospitals are set up to treat stroke patients arriving by ambulance. The good news? One way to prevent a stroke is by paying attention to your blood pressure.

High Blood Pressure (HBP) is the most common *controllable* cause of stroke. Do you know the signs of high blood pressure? It's a trick question — because HBP, also known as the "silent killer," typically has no symptoms. That's why it's so important to check your blood pressure and take steps to control your numbers. Recent guidelines redefined high blood pressure as a reading of 130/80 (The standard was 140/90.). Under recent guidelines, nearly half of all adults in the U.S. have high blood pressure. That's why it is important to regularly get your blood pressure checked — millions of Americans have high blood pressure but don't even know it.

One way to prevent high blood pressure: get smart about sodium!

Adjusting your habits now can help you avoid a high blood pressure diagnosis and stay strong for the future. Here are five tips to get started:

1. **Eat a heart-healthy diet.** This involves eating plenty of fruits, vegetables and whole grains. It also means including low- and non-fat dairy, skinless poultry, fish, beans and legumes, non-tropical vegetable oils, nuts, and seeds. At the same time, you want to watch for and limit salt and sodium, added sugar, sugary drinks, sweets, and fatty or processed meats (choose lean or extra-lean meats instead).
2. **Cutting out excess sodium.** About half the U.S. adult population faces increased risk of high blood pressure

due to excess sodium, particularly black people; people over age 50; and people with diabetes or chronic kidney disease. And, more than 70% of the sodium we eat comes from processed, prepackaged, and restaurant foods. Even if you don't have high blood pressure, cutting back on excess salt can be beneficial. Blood pressure naturally increases as people get older, but cutting back on sodium can limit or delay that process. By one estimate, 90 percent of all American adults are expected to develop high blood pressure in their lifetime.

3. **Limiting alcohol.** Drinking more alcohol increases such dangers as alcoholism, high blood pressure, obesity, stroke, breast cancer, suicide and accidents. If you drink alcohol, do so in moderation. This means an average of one to two drinks per day for men and one drink per day for women. (A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits.)
4. **Avoid tobacco.** You probably know about the relationship between smoking and lung cancer, but did you know smoking is also linked to heart disease, stroke and other chronic lung diseases?
5. **Move more.** People of all ages and abilities benefit from being more active. Regular activity may help lower your risk of high blood pressure, heart disease, stroke, diabetes and certain cancers. It's a great way to deal with stress. And staying active can boost energy, mood, and overall wellbeing.



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Neglected Messages to Men

I have an adult son who enjoys the challenge of participating in extreme races, works out almost every day, and considers CrossFit way more fun than basketball—which *he* loves. He looks lean and healthy, and though I've never checked his body fat percentage, I am sure it's quite low. His doctor wouldn't have much reason to be concerned about his health status at his current age. This same individual, however, considers animal protein the most important part of any meal and would not hesitate to consume Del Frisco's 42oz bone-in Wagyu ribeye steak all by himself, in one sitting. Unfortunately, I have come to understand that such overindulgences are not unusual for young men, and even some older men, who would rather have dinner in a Brazilian steak house than at Sweet Tomatoes.

For years, there has been controversy about low-carb, high-protein diets and I expect that the jury is not yet in. But the science does continue to suggest that too high a protein intake is not the healthiest approach to eating. A recent study published in the *American Journal of Clinical Nutrition*, found that men “who ate primarily animal protein over plant-based protein had a 23% higher risk of death over 20 years than those who had more balanced protein sources.” Researchers found that, “Higher overall consumption of dietary protein was linked to a greater risk of death among men with type 2 diabetes, cardiovascular disease or cancer.” This is not new, or breaking news, but it does add to the evidence.

We focus on men's health for only a couple of days in June each year, which is unfortunate. Regretfully, we often neglect the messages that pertain specifically to diet. Indeed, what we eat is one of the most important factors for preventing chronic diseases. So, this is a message that we need to emphasize more forcefully with men as we talk about the usual topics, like heart disease and prostate cancer, which are also important. Based on personal and professional experience I know that talking with men about what constitutes a healthy dietary intake can be a challenge. So, if we want men's attention and their compliance, our science-informed nutrition messages must be better-presented than the messages they're receiving from their gym or health food store. Our goal, healthy young men who age and remain healthy older men.

Finally, just in case you're wondering—or worse tempted—a 42oz steak should really be shared with at least four of your friends at dinner.

Have a question or comment? Email us: DLCHD29WebsiteDistribution@flhealth.gov

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Italian Chicken and Vegetable Packets

Ingredients

1 skinless, boneless chicken breast, about 3 ounces

1/2 cup diced zucchini

1/2 cup scrubbed and diced potato

1/4 cup diced onion

1/4 cup sliced baby carrots

1/4 cup sliced mushrooms

1/8 teaspoon garlic powder

1/4 teaspoon Italian seasoning



Instructions

- Preheat your oven to 350° F.
- Cut off a 12-inch sheet of heavy-duty aluminum foil or parchment paper. Fold the foil or parchment paper in half, unfold, and spray with cooking spray.
- Center the chicken breast on the sheet. Top with zucchini, potato, onion, carrots and mushrooms.
- Sprinkle garlic powder and Italian seasoning over the top of the vegetables.
- Bring the foil together and make small, overlapping folds down the length of the packet to seal. Twist the two ends several times to make a tight seal so the liquid won't escape during cooking.
- Place the packet on a cookie sheet and put into the oven. Bake for 45 minutes until the chicken and vegetables are tender.

Nutritional Information Amount Per Serving
Total fat: 2.5 g
Sodium: 125 mg
Total Carbohydrate: 23 g
Dietary Fiber: 3 g
Protein: 21 g

Get Into the Habit: Pack Your Lunch

Bringing your lunch to work is a breeze with these quick and simple strategies.

How often do you just grab whatever is available when you're hungry, even relying on a vending machine to supply your midday meal? Reinvigorate your lunch, save money and eat healthier with the following packing tips:

- **Pick foods from a range of food groups to maximize your energy.** Choose fruits, vegetables, low-fat milk, yogurt or cheese, whole-grain bread, cereal, pasta or brown rice, and lean meat, chicken, fish, eggs or beans for your lunches.

- **Think beyond the typical sandwich and chips.** Stuff whole-grain pita bread with sliced chicken, cucumbers, red onion, low-fat feta cheese and a dash of light dressing. Make kebobs with cut-up fruits and pair with low-fat yogurt as a dip. Replace peanut butter sandwiches with another nut or seed spread like sunflower-seed butter.

- **No microwave? No problem.** Keep hot foods hot with an insulated vacuum container such as a thermos. Fill with hot stew, chili, vegetable soup or leftovers for a satisfying meal on a cold day.

- **Have easy brown-bag options handy.** Pair low-fat cheese sticks and smoked turkey slices with whole-grain crackers, crunchy raw vegetables and a handful of grapes, or try whole-grain pasta salad made with chicken, vegetables, and shredded Parmesan cheese with low-fat pudding or a crisp apple. Another option: Layer hummus, sliced tomatoes and reduced-fat sharp cheddar cheese over whole-grain bread for a taste-tempting sandwich. Add a handful of baked potato chips and a fresh pear for a satisfying meal.

- **Revive leftovers.** Don't let food from the day before go to waste — turn it into a tasty lunch! Pasta dishes can be enhanced with vegetables, such as a serving of broccoli or a handful of baby spinach. Bring salads to life by adding your favorite raw veggies or protein, such as a boiled egg, chicken or tofu

Packing lunches can be challenging if you aren't already in the habit. Look within yourself to find barriers to success and plan solutions that work for you...and save money while you're at it!



Source: http://diet.mayoclinic.org/diet/eat/pack-your-lunch?xid=nl_MayoClinicDiet_20180823

5 Easy Ways to Eat More Fruits And Veggies



There is a plethora of produce available in the United States, and yet most adults don't eat enough fruits and vegetables. In fact, dietary intake of several nutrients found in fruits and vegetables — including potassium and dietary fiber — is low enough to be a public-health concern for both adults and children.

Your goal is to fill half your plate with fruits and vegetables whenever possible. Aim for a whole rainbow of colors, including dark green, red, orange, purple and white. Variety is vital to get all the different nutrients and their health benefits.

Try to buy fresh whole fruits and vegetables in season — they will be at their peak in flavor and at their lowest in price. Frozen and canned fruits and vegetables can be healthy choices, too. Reach for low-sodium canned vegetables or canned fruits packed in their own juice or water, and avoid frozen vegetables with sauces, frozen fruits with added sugar and canned fruits packed in heavy syrup.

Make fruits and veggies the star of your daily diet with these ideas:

1. **Snack smart.** Keep vegetables washed and cut in your refrigerator for quick snacks. Or reach for vegetables that require little preparation, such as baby carrots and cherry tomatoes. Keep a bowl of fruit on your kitchen counter. Just be sure to limit your intake of dried fruits because they're not as filling as whole fruits and they have a lot more calories in a smaller volume of food. For example, 1/4 cup of raisins has the same number of calories — about 100 — as almost 2 cups of grapes.
2. **Experiment with new combinations.** Try mango or peach slices on whole-wheat toast with a little peanut butter and honey. Toss some mandarin orange or peach slices into a salad.
3. **Choose recipes that have vegetables or fruits as a main ingredient.** Try pineapple-chicken stir-fry, tomato-basil pizza or vegetarian chili.
4. **Start your day with a fruit or vegetable.** Sprinkle a handful of blueberries on your morning cereal or oatmeal. Sauté red peppers, tomatoes or spinach into your scrambled eggs.
5. **Drink your fruits and vegetables.** But don't reach for prepared fruit juice! Instead, turn whole fruits and vegetables into a refreshing drink. Make a smoothie with plain low-fat yogurt and your favorite frozen fruits. Or puree together banana, berries, lemon, mint, ice and 2 cups of fresh raw baby spinach — this green concoction may look odd, but it tastes delicious!

As you can see from these suggestions, sneaking more fruits and veggies into your diet can be easy, convenient — and fun!

4 Benefits of Donating Blood

This year, nearly 5 million people will have their lives saved by receiving blood transfusions. The blood is supplied by 9.5 million donors willing to roll up their sleeves for people they will probably never meet. The health benefits are obvious for the patients receiving the donations, but what are donors getting in return?

As it turns out, a lot more than just doing a good deed. Here are the top 4 benefits of blood donation:

You get to save a life...or 2 million, and that feels good. There aren't many things in your routine that can save lives. But when you donate regularly, it gives you the opportunity to save multiple lives.

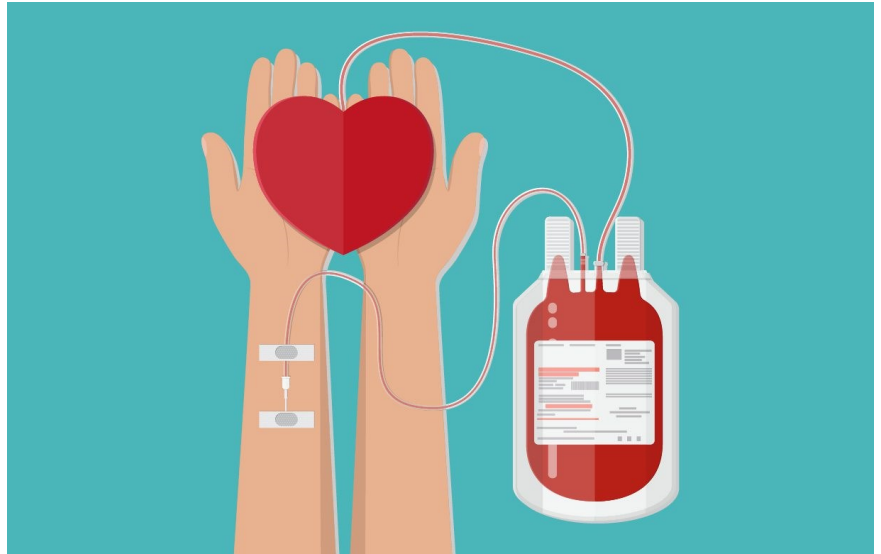
Burning calories. No, blood donation won't become a weight loss fad any time soon. However, researchers at the University of California, San Diego have found that you can lose up to 650 calories per pint of blood donated. That's not a bad deal for kicking back and doing a good deed.

Lowers the risk of cancer. Offloading a batch of your blood means reducing iron stores in your body. Iron has been associated with cancer causing free-radicals. A study published in the *Journal of the National Cancer Institute* followed two groups of men for 4 and a half years. The group that donated a couple times a year lowered their iron levels and therefore their risk of getting cancer compared to the non-donor group.

Maintains heart health. Another benefit of donating your blood is getting your heart into tick-top shape. Donating lowers the viscosity of your blood which reduces the friction on your arteries and blood vessels. A study in the *American Journal of Epidemiology* showed that men who donated blood once a year had an 88 percent lower risk of heart attack than men who skipped out.

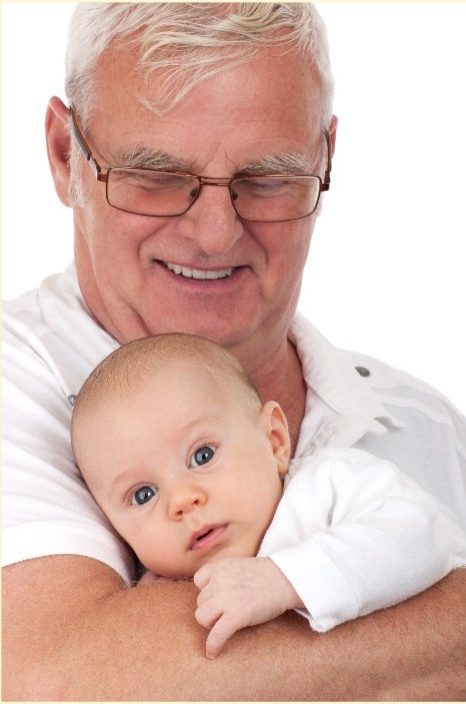
Donating blood is a win-win for everyone involved. Receivers get a vital substance and donors get to burn calories, lower their risk of cancer and keep their heart healthy. All this while laying back and taking a relaxing 45-60 minutes to do a good deed and save lives!

Thursday, June 13, 2019 is World Blood Donor Day. The Florida Department of Health is celebrating by encouraging you to find a blood center and donate!



Source: <http://www.floridahealth.gov/newsroom/2018/06/20180611-4-benefits-donating-blood-getty-696120246-Article.html>

Why Are We Talking About Safe Sleep for Babies??



Sleeping is just plain hard for new babies and their caregivers! We know some of the things we do to make sleep easier might not be safe for babies. Things we do for comfort, like tummy sleeping, breast sleeping, sleeping with blankets or other objects, on adult beds, or sleeping with adults or siblings can be dangerous. The truth is, for many months, good sleep will probably not happen with a new infant around, and caregivers should try to accept a lack of sleep. However, safe sleep can happen!

Why are we talking about safe sleep? Because of the thousands of babies born in Hillsborough County every year, deaths due to suffocation from unsafe sleep practices happen all the time. Why take unnecessary chances? Just like using a seatbelt, following the A, B, C's of Safe Sleep is something we can learn to do to keep our precious little wonders as safe as possible.

How Big is the Problem in Hillsborough?

There were **15** Infant Deaths in 2018 related to unsafe sleep conditions.

The A, B, C's of Safe Sleep

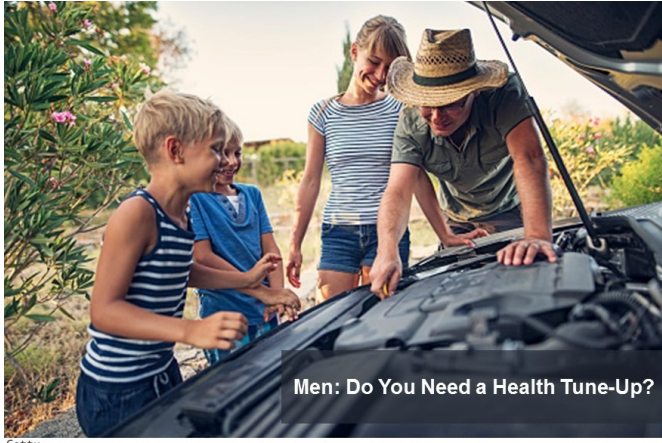
A: Babies sleep **ALONE**

B: Always on their **BACKS** (even for naps)

C: In their own **CRIBS**

To read more about Safe Babies visit <http://healthysafebaby.org/>

To read more about Safe Sleep visit <https://safetosleep.nichd.nih.gov/resources/caregivers/environment/look>



Men: Do You Need A Health Tune-Up?

We like taking care of our vehicles. After all, they take care of us. We rely on them to get us from place to place every day and they don't ask for much in return. If we keep them tuned up regularly, they can give us years of enjoyment and utility.

Men: Do You Need a Health Tune-Up?

The same can be said of our own health. Our bodies have been taking care of us every day. They've been stress tested, and they've held up for the most part. We haven't always put premium fuel in them, but they still seem to get the job done. Just like your car though, your body comes with a maintenance schedule.

The following are some screening tests that most men need. Schedule an appointment with your health care provider to discuss what screenings and exams you need and when you need them. Although you and your health care provider may decide that a different schedule is best for you, this plan can guide your discussion.

20s and 30s—Screenings

Test	Frequency
STDs	Everyone should be tested at least once for HIV. Sexually active men that have sex with other men should be tested annually for chlamydia, gonorrhea and syphilis.
Blood Pressure	Once every two years
Cholesterol	Starting at 35 test every 3 to 5 years. Family history? Start at 25.
Type 2 Diabetes	Overweight, obese, family history, or high blood pressure and cholesterol- get a fasting blood glucose test and HbA1c test every 3 years.

Review with the Doc: Sexual history, diet and exercise, sleep habits, smoking, alcohol consumption, and substance abuse habits.

Tips:

- Find a primary care doctor that you are comfortable with. This physician will get to know you and your health history over the years.
- Self-screen for testicular cancer monthly since it is the most common cancer in men ages 15-34. Although rare, be sure to tell you doctor about lumps or pain.
- Get tested for STDs every time you change your sexual partner.

40s and 50s— Screenings

Test	Frequency
STDs	Sexually active men that have sex with other men should be tested annually for chlamydia, gonorrhea and syphilis.
Blood Pressure	At least once every 2 years.
Cholesterol	Every 3 to 5 years depending on results
Type 2 Diabetes	Overweight, obese, family history, or high blood pressure and cholesterol— Get a fasting blood glucose test and HbA1c test every 3 years.
Colon Cancer	Starting at 50 ask your doctor about your options: <ul style="list-style-type: none">• Colonoscopy every 10 years• Stool test annually• Sigmoidoscopy every 5 years with stool test every 3 years.
Prostate Cancer	Starting at 50 ask your doctor about the necessity of regular prostate specific antigen (PSA) tests

Review with the Doc: Sexual history, diet and exercise, sleep habits, smoking, alcohol consumption, and substance abuse habits.

Tips:

The metabolism slows down during these decades. Enforce regular physical activity and healthy diet. Talk to your doctor about prostate screenings. There is debate about the frequency of testing. Let your doctor know your family history. African American men are at a higher risk.

These recommendations are provided by the Centers for Disease Control and Prevention and the U.S. Preventive Services Task Force (the USPSTF is an independent medical panel of national experts.).

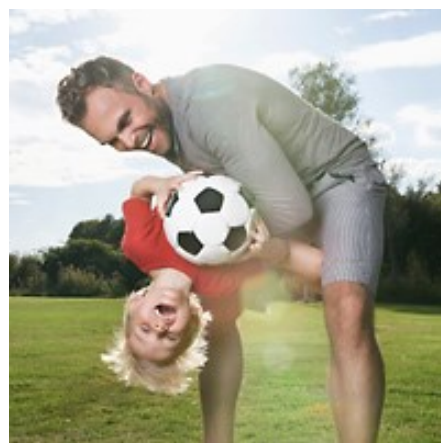
June is Men's Health Month. If you haven't already, make an appointment with your doctor for a check up!

To continue learning what immunization are needed for all age groups visit, <http://www.floridahealth.gov/newsroom/2018/06/20180611-men-do-you-need-a-health-tune-up-Article.html>

Unplug: 12 tips to manage kids' screen time

Although watching TV or playing computer games can be educational, it's easy to overdo it. The American Academy of Pediatrics discourages media use by children younger than age two and recommends limiting older children's screen time to no more than one or two hours a day. Need convincing? Too much screen time has been linked to obesity, irregular sleep, behavioral problems, impaired academic performance, violence and less time for active play.

Concerned about how much time your child spends on the computer, watching TV or playing video games? Try these suggestions:



How to limit screen time

Your children may be racking up more screen time than you realize. Start monitoring it, and talk to them about the importance of sitting less and moving more. Also, explain screen-time rules — and the consequences of breaking them. In the meantime, take simple steps to reduce screen time. For example:

- **Eliminate background TV.** If the TV is turned on — even if it's just in the background — it's likely to draw your children's attention. If you're not actively watching a show, turn off the TV.
- **Keep TVs and computers out of the bedrooms.** Children who have TVs in their bedrooms watch more TV than children who don't have TVs in their bedrooms. Monitor your kids' screen time and the websites they are visiting by keeping TVs and computers in a common area of your home.
- **Don't eat in front of the TV.** Allowing your children to eat or snack in front of the TV increases the time they are passively sitting rather than moving. The habit also encourages mindless munching, which can lead to weight gain.
- **Set school-day rules.** Most children have limited free time during the school week. Don't let your kids spend all of it in front of a screen. Also, avoid using screen time as a reward or punishment. This can make television shows or computer games seem even more important to your children.
- **Talk to your children's caregivers.** Encourage other adults in your kids' lives to also limit screen time for them.

- **Suggest other activities.** Rather than relying on screen time for entertainment, help your children find other things to do, such as reading, playing a sport, helping with cooking or trying a board game.
- **Set a good example.** Be a good role model by limiting the time you spend “plugged in.”
- **Unplug it.** If this issue is becoming a source of tension in your family, unplug the TV, turn off the computer or put away the smartphones or video games for a while. You might designate one day a week or month as a screen-free day for the whole family. To prevent unauthorized TV viewing, put a lock on your TV's electrical plug.

Become an active participant

Make screen time as engaging as possible:

- **Plan what your kids view.** Instead of flipping through channels, seek quality videos or programming. Consider using parental-control settings on your TV and computers. Preview video games and smartphone applications before allowing your children to play with them.
- **Watch with your children.** Whenever possible, watch programs together — and talk about what you see, such as family values, violence or drug abuse. If you see a junk-food ad, explain that just because it's on TV doesn't mean it's good for you.
- **Record programs and watch them later.** This will allow you to fast-forward through commercials selling toys, junk food and other products. When watching live programs, use the mute button during commercials.
- **Encourage active screen time.** Have your kids stretch or do yoga while watching a show. Challenge your family to see who can do the most jumping jacks during a commercial break. Choose video games that encourage physical activity.

It can be difficult to start limiting the time your children spend in front of a screen, but it's worth the effort. By creating new household rules and steadily making small changes in your kids' routines, you can curb screen time and its unhealthy effects.

5 SURPRISING FACTS ABOUT HIGH BLOOD PRESSURE

What you don't know about high blood pressure could hurt you. High blood pressure affects one in three Americans, yet many people with the condition don't know they have it.

Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, high blood pressure is treatable and preventable. To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it is too high.



1. High blood pressure may be linked to dementia.

Recent studies show that high blood pressure is linked to a higher risk for dementia, a loss of cognitive function. Timing seems to matter: Some evidence suggests having uncontrolled high blood pressure during midlife (age 45 to 65) creates a higher risk for dementia later in life. The takeaway? It's never too early to start thinking about your blood pressure and taking steps to manage it.

2. Young people can have high blood pressure, too.

High blood pressure doesn't just happen to older adults. About one in four men and nearly one in five women age 35 to 44 has high blood pressure.

High blood pressure is a leading cause of stroke, a condition that is on the rise among younger people. Experts think the increased risk for stroke among young adults is a direct result of the rising rates of obesity, high blood pressure, and diabetes—conditions that are preventable and treatable.

Younger people should get their blood pressure checked at least once each year. You can get your blood pressure checked at a doctor's office, a pharmacy, or at many grocery stores.

3. High blood pressure usually doesn't have any symptoms.

High blood pressure is sometimes called the "silent killer." Most people with high blood pressure don't have any symptoms, such as sweating or headaches. Because many people feel fine, they don't think they need to get their blood pressure checked. Even if you feel normal, your health may be at risk. Talk to your doctor about your risk for high blood pressure.

4. Many people who have high blood pressure don't know it.

About 11 million U.S. adults with high blood pressure aren't even aware they have it and are not receiving treatment to control their blood pressure. Most people with uncontrolled blood pressure have health insurance and visit a health care provider at least twice a year, but the condition remains undiagnosed, hidden from the doctor and patient. CDC is working with providers to find patients with high blood pressure who are "hiding in plain sight." Ask your provider what your blood pressure numbers mean and whether they are too high. Stick to your treatment plan and follow your provider's advice if you are diagnosed with high blood pressure.

5. Women and minorities face unique risks when it comes to high blood pressure.

Women with high blood pressure who become pregnant are more likely to have complications during pregnancy than those with normal blood pressure. High blood pressure can harm a mother's kidneys and other organs, and it can cause low birth weight and early delivery. Certain types of birth control can also raise a woman's risk for high blood pressure. Women with high blood pressure who want to become pregnant should work with their health care team to lower their blood pressure before becoming pregnant.

African American men and women have higher rates of high blood pressure than any other race or ethnic group. These individuals are also more likely to be hospitalized for high blood pressure. Experts think this is related to higher rates of obesity, diabetes, and stroke among this group. Lifestyle changes, such as reducing sodium in your diet, getting more physical activity, and reducing stress, can help lower blood pressure.

Source: <https://www.cdc.gov/features/highbloodpressure/index.html>



What You Can Do By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and lower your risk for heart disease and stroke. A healthy lifestyle includes

- Eating a healthy diet
- Maintaining a healthy weight
- Getting enough physical activity
- Not smoking
- Limiting alcohol use Learn more about steps you can take to prevent high blood pressure.

Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

To preserve your privacy, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to DLCHD29WebsiteDistribution@flhealth.gov.

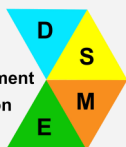
The Florida Department of Health in Hillsborough County has **FREE** health education programs. If you are looking for a way to help you be a healthier, call **813-307-8071** to register!

Coming soon!

BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to reduce their risk for complications. Next class is May 15, 2019 at WellCare, 8328 N Florida Ave, Tampa, FL 33604. Registration is required. Call (813) 307-8071 ext. 7111

Diabetes
Self-
Management
Education
Program



Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity, better monitoring, medications and improved coping skills.

Up coming classes:

May 1, 2019	Wednesday	10:30—12 pm	University area [Spanish]
May 2, 2019	Thursday	10:30—12 pm	Brandon area [Spanish]
May 2, 2019	Thursday	2—3:30 pm	East Tampa area
June 7, 2019	Thursday	11—12:30 pm	University area



The Diabetes Prevention Program

This program can help anyone who is overweight— pre-diabetic or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active and other coping skills for a healthy lifestyle change.

Up coming classes:

May 22, 2019	Wednesday	6—7 pm	Brandon area
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Get Into Fitness Today!

In 6 or 12 weeks participants learn about healthy eating, physical activity and ways to live a healthier life.

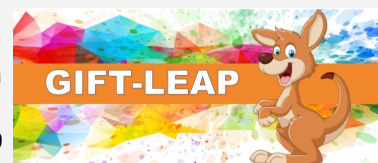


Up coming classes:

Call to know about our upcoming classes!

Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed for 5-9 to encourage children to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year old's in the program!



Up coming classes:

Call to know about our upcoming classes!

The Florida Department of Health in Hillsborough, Florida Breast and Cervical Cancer Early Detection Program

We offer **FREE** mammogram & pap smear testing! For more information and to schedule an appointment, call **813-307-8082**

Upcoming mobile mammography:

Tampa Family Health Center

To schedule and appointment, call **813-284-4529**, Sophia



Florida KidCare, the state of Florida health insurance for children (birth through age 18, even if one or both parents are working). To apply, call 1-888-540-5437, TTY-877-316-8748, apply online, print application and instructions. Visit: www.floridakidcare.org.

FL  **rida KidCare**

PARKS AND RECREATION:

Hillsborough County Parks, Recreation, and Conservation..... www.hillsboroughcounty.org/
 Plant City Parks and Recreation..... www.plantcitygov.com/
 Tampa Parks and Recreation..... [www.tampagov.net/dept parks and recreation/](http://www.tampagov.net/dept_parks_and_recreation/)
 Temple Terrace Parks and Recreation..... www.templeterrace.com/
 Farmers Markets around Hillsborough County..... www.american towns.com/fl/hillsborough-county-local-food

Do you ever wonder how healthy your community or state is? How does your own health status look compared to the rest of Floridians? If you are interested in statistics and data, Florida Charts is a great resource that paints an accurate picture of the health status of our state— with factual information. The website has been updated with a new look. Twelve years ago, the site was founded and continues to provide the most up-to-date health statistics you'll find in Florida. Each month, over 24,000 visitors generate over 1 million hits to the 3,500 health indicators, 19 health profile reports and 10 query systems in FLHealthCHARTS. Be sure to bookmark the new site: www.FLHealthCHARTS.com.



MAIN OPERATOR

and Director's Office..... 307-8000

COMMUNITY HEALTH

Community Health Director **307-8071**
 Epidemiology..... **307-8010**
 Health Education..... **307-8071**
 Breast/Cervical Cancer **307-8082**
 Diabetes **307-8071**
 Florida KidCare **307-8082**
 Weight Management..... **307-8071**
 Health Literacy **307-8071**
 Insulin Program **307-8082**
 Lead Poisoning Prevention **307-8071**
 School Health..... **307-8071**
 Sterilizations..... **307-8082**
 Office of Health Equity **307-8066**

* All numbers are area code (813) unless otherwise indicated.

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DISEASE CONTROL

HIV/AIDS Specialty Center..... **307-8064**
 Immunizations..... **307-8077**
 Sexually Transmitted Diseases..... **307-8058**
 Anonymous Testing..... **307-8058**
 Tuberculosis (TB)..... **307-8047**

ENVIRONMENTAL HEALTH 307-8059

HUMAN RESOURCES 307-8031

NUTRITION/WIC 307-8074

PHARMACY

(HIV/AIDS care clients only) **307-8072**

PUBLIC HEALTH

PREPAREDNESS 307-8042

PUBLIC INFORMATION OFFICER 307-8044

VITAL STATISTICS..... 307-8002



MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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